



## The Aruba Amateur Weightlifting Association holds their qualifying rounds on Queen's Day

The Frans Figaroa Sports Complex in Bubali was the venue for the National Amateur Weightlifting Competitions on Saturday, Queen's Birthday. Twelve lifters, both men and women competed for trophies and a place on the team that will travel to Puerto Rico later this year to represent Aruba in the Criollo Competitions during which teams from all over the Caribbean, Latin America and the United States will be showing their strength.

Saturday was an exciting competition, as not only strength but also quality coaching and strategy are important factors in taking the #1 spot on the winner's box.

Of the three women competing, Lismari James claimed first place way ahead of the competition by successfully lifting forty kilos during the Snatch and fifty-five kilos in the Clean and Jerk.

The Men's Overall first place title was taken by John Henriquez who also set a new island record by lifting 161 kilos during the Clean and Jerk on the first attempt. Second place went to Herve Ruiz, who came in only .3 of a point behind John Henriquez. Alexander Dick won third place.

Various categories such as senior (over 35) and best improved won trophies also. Hugo Themen, an event organizer won first place in masters, and Charles Kelly, Lyon Quevedo, and Alexander Dick took first, second and third place respectively in Most Improved.

Theo Bareno, President of the AAWA was Head Judge, and his son Michael was the official timekeeper. Sergio Faro served as referee, and Anthony Geil was official scorekeeper.